

# General Water Safety Tips

- Learn to swim.
- Swim in areas supervised by a lifeguard.
- Read and obey all rules and posted signs.
- Children or inexperienced swimmers should wear a U.S. Coast Guard-approved personal flotation device, or PFD.
- Watch out for the dangerous “too’s” – too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Set water safety rules for the whole family based on swimming abilities.
- Be knowledgeable of the water environment you are in and its potential hazards.
- Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.
- Use a feet-first entry when entering the water.
- Enter headfirst only when the area is clearly marked for diving and has no obstructions.
- Do not mix alcohol with swimming, diving or boating.
- Know how to prevent, recognize, and respond to emergencies.

